



Ashley's Meal Prep Monday!



Coconut Chia Pudding

INGREDIENTS

1 can of coconut milk
1/2 cup chia seeds
2-3 TBSP maple syrup
1 TSP vanilla



Add all of the ingredients to a high speed blender and blend until the chia seeds are ground.

Transfer the chia pudding into jars and refrigerate overnight. You can eat it right away, but it will get thicker/creamier when refrigerated for 4-5 hours or overnight.

I topped mine with some frozen mango and blueberries but you could use any kind of fruit or whatever other topping sounds good!



RECIPE: @VEGGIEWORLDRECIPES

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